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{page 3}

LONDON metro®
Wednesday, August 10, 2011
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Another room of their own

Volunteers renovate Abused Women's Centre office, creating more space for a drop-in program ● 1,700 stores participate in Lowe's Heroes programs each year ● Workers put in 150 volunteer hours yesterday in London

More services will soon be available to abused women in London thanks to a little sweat equity yesterday from Lowe's employees.

A team from the home improvement store at Fanshawe Park and Hyde Park roads dedicated their day to fixing up an office at the London Abused Women's Centre.

Another team volunteered at My Sisters' Place, sprucing up the landscape.

"This is a huge deal to us," said Meagan Walker, Abused Women's Centre executive director.

Combined, about 20 volunteers were on the job, said Mark Mollard, a Lowe's assistant manager.

Finding workers willing to get down and dirty was easier than you might think.

"It was almost to the point where we had to turn people away," said Jeff Taylor, a flooring sales specialist at Lowe's.

With paint-splattered clothes and sawdust coating some hands, the volunteers split one room into two at the Abused Women's Centre. The extra space will allow the centre to expand its resource room and start a drop-in program, Walker said.

The drop-in program will be available two hours a day Monday to Friday for clients who need emergency consultations, Walker said. Now, clients have to book an appointment before seeing a counsellor.

Although the primary goal was lending some helping hands, the Lowe's crew got a little something out of the work as well.

"We have a lot of fun. It's a pretty rowdy group," Mollard, the assistant manager, said as he took a break from cutting wood and mudding drywall. "It's kind of a win all the way around."

ANGELA MULLINS

ANGELA MULLINS/METRO

▶ Lowe's associates Gail Stehmann, left, and Amanda Dodge paint wood yesterday while volunteering at the London Abused Women's Centre downtown.

About the agencies

- **London Abused Women's Centre, 217 York St., Suite 107** provides advocacy, support and counselling to women who have been abused by intimate partners. Contact 519-432-2204 or lawc.on.ca
- **My Sisters' Place, 566 Dundas St.** A transitional support centre for women who are homeless or at risk of becoming homeless. Contact 519-679-9570 or wotch.org

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1 news

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Among the havoc being played out on stock markets, a glimmer of hope could lie in lower interest rates and lower gas prices. Video at metronews.ca

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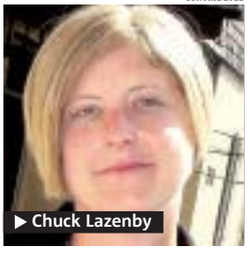
Providing relief for the homeless

Unity Project 10th anniversary celebration Thursday at Campbell Memorial Park from 5 p.m. to 8 p.m.

MIKE ARSENAULT
LONDON@METRONEWS.CA

CONTRIBUTED



▶ Chuck Lazenby

The Unity Project started out as a small, peaceful demonstration against homelessness in 2001. A decade later — and after providing help for hundreds of Londoners — the organization will celebrate its anniversary Thursday at Campbell Memorial Park.

"We're having a barbecue," said Charlene (Chuck) Lazenby, general manager of the Unity Project, located at 717–721 Dundas St. "We're putting together some archives, photos for everybody to look through and remember and reminisce about (our achievements)."

While no lasting dedication will be designated at Campbell Memorial Park, the Unity Project plans to have one permanent piece that will commemorate the organization's legacy.

"We're going to (have) a bench that we're going to put in front of our building — a decorative piece in our garden," Lazenby said. "(It's) for everybody to sign who comes through (Thursday) as a tribute to the founding members, as well as people who've been involved over the past 10 years."

"Our main role is to promote an inclusive community. We hope that people (will) feel less marginalized in society at large."
CHUCK LAZENBY, UNITY PROJECT

The Unity Project is an emergency shelter and transitional housing program for men and women 18 and over. Partially funded by the Ontario Trillium Foundation, the shelter is open and staffed 24 hours a day.

"It's kind of a unique environment — it's a participatory environment," Lazenby said. "The people who stay here participate in program development — they do the cooking, they do the cleaning. It's much more participatory than a traditional shelter."

Cello. London!

▶ Rui Dong busks with his cello at the intersection of Dundas and Richmond streets yesterday afternoon.

MIKE ARSENAULT/FOR METRO

Student's sidewalk symphony

Rui Dong, a University of Western Ontario student currently studying actuarial science, played the sweet strains of classical music on one of the city's busiest corners. The 21-year-old has been playing the cello since he was in Grade 7.

McGuinty attempts to calm recession fears

Premier Dalton McGuinty reached out to reassure jittery Ontarians yesterday in the wake of the first-ever downgrade of U.S. government debt that sent the financial market tumbling.

The Liberal premier joined other Canadian leaders, including Prime Minister Stephen Harper, to calm fears that another global recession is lurking around the corner. McGuinty acknowledged Ontario is facing "some challenges," but the province has taken steps since the 2008 downturn to strengthen its fragile economy. **THE CANADIAN PRESS**

TORSTAR NEWS SERVICE

▶ Dalton McGuinty

News in brief

Suspect sought in robbery

Police are looking for a male suspect after a robbery around High Street and Grand Avenue. Shortly before midnight Monday, a victim was walking in the area when he was punched in the back of the head. The suspect then pulled a knife and demanded the victim's property. **METRO**

Man charged for drunk driving

At about 9:06 p.m. Monday, police responded to a report of an impaired driver around Greenside Avenue and Springbank Drive. John Stewart, 45, of London, has been charged with impaired operation of a motor vehicle. **METRO**

Tree. Time

▶ Communities in Bloom judges Gaétan Deschênes, left, and Jim Baird plant a tulip tree at the Civic Garden Centre.

ANGELA MULLINS/FOR METRO

Re-foresting the city

London's Million Tree Challenge started July 17 and aims to inspire Londoners to plant one million trees over the next 10 years. ReForest London is leading the effort, along with the city and more than 25 other partners. So far, 2,981 trees have been planted. To find out how to get involved, check out reforestlondon.ca. Communities in Bloom judges have been touring the city since Monday. Awards in the competition will be announced Oct. 26.

Doughty up to bat

Olympic hockey champ will be joined at Grand Slam for Cancer by Corey Perry, Logan Couture and others

MIKE ARSENAULT
LONDON@METRONEWS.CA

KINGS.NHL.COM

▶ Drew Doughty

Drew Doughty has reached the summit of worldwide hockey glory — as the Olympic gold medal around his neck can attest — but the London native is hoping that success will transfer to the baseball diamond this weekend.

The defenceman, along with some of his NHL brethren, will be taking part in the Grand Slam for Cancer charity softball tournament Saturday at West Lions Park to benefit the Wellspring cancer support program.

"I don't really have any baseball background," Doughty said, laughing. "I can toss the ball around and hit it pretty far, but I didn't play much baseball growing up."

The opportunity to interact with the community and participate in a charitable event was not something Doughty was going to pass up.

"I've always had support in London whenever I'm at other charity events," he said. "There's always a lot of people there supporting me, telling me that they're cheering for me throughout the season. I love giving back to the city where I was born."

While a premium will be placed on fun throughout the tournament, it's inevitable that — with a number of professional athletes on one team — the competitive drive will kick in at some point on Saturday.

"I'm sure there will be some battles for positions," Doughty said. "I know where I want to be playing and where I want to be batting, so it's going to be interesting to see how it winds up."

Join the tourney

- Cost to enter the tournament is $65 per player (minimum of 10 players per team). Visit skyysports.ca.
- On Friday there will be a catered dinner at the Barking Frog, 6-9 p.m.
- Each team is guaranteed two five-inning games plus 15 T-shirts for its members.
- There will be a barbecue at West Lions Park Saturday afternoon.
- A social will be held at the Barking Frog on Saturday, 9-11 p.m.

Firefighters won't give up 24-hour shifts, union says

LONDON.CA

It's not just a disagreement over wages and benefits keeping the city and firefighters from reaching an agreement on a new contract.

The president of the Professional Firefighters Association says the city has also asked for "alterations" to 24-hour shifts. Firefighters association head Jim Holmes says they're not interested in returning to an eight-hour shift.

"That was freely negotiated. It's working. We've solved the issues that come with 24-hour shifts," Holmes said. "Most major North American cities are on (24-hour shifts), so there's no need to move away from that."

The shifts were introduced in 1997 but came under fire last summer when new figures revealed London firefighters had booked twice as many sick hours than workers in several other city departments.

Those opposed to 24-hour shifts say it essentially pays firefighters to sleep on the job.

Both sides are hoping to arrange more talks next month, but arbitration appears likely. If an arbitrator is brought in, 24-hour shifts will remain in place. The firefighters association says they can't rule on those subjects.

Previously, Holmes has warned the city would have to hire more firefighters if they're told to stop working 24-hour shifts.

He says the city originally moved to 24-hour shifts in 1997 to save money.

AM980/AM980.CA

Round the clock

- A study done by the Ontario Association of Firefighters suggests that in some cases 24-hour shifts sent overtime rates soaring.
- The study also found that it could cause sleep deprivation and mistakes on the job, and tempt firefighters to move away from the city they work in because they only go to work twice a week.
- Last year, firefighters in Kingston ended a three-year trial of 24-hour shifts and won't be continuing with them.
- Officials there said firefighters made sure to take their allotted 18 sick days a year, and overtime costs rose by 30 per cent.
- The last contract for London Firefighters gave them a seven per cent pay increase over three years.

Wanna play with puppets?

Thames Valley Children's Centre's Kids on the Block Program is seeking volunteer puppeteers. As a Kids on the Block volunteer, you will have the opportunity to educate children and adults about abilities, disabilities, social issues and much more. No experience is required. For more information, please contact Denise at denise.rowse@tvcc.on.ca. METRO

How about acting your age, then?

The City of London is looking for residents to join a task force that will create a plan to make London more "age friendly."

The task force will meet from September to June 2012 to develop a three-year plan.

If you would like to participate, call Kim Scott by Aug. 26, at 519-661-2500, ext. 5739 or email kscott@london.ca. METRO

Electric Knights roll to win

The London Electric Knights were gold medal winners at the Canadian Electric Wheelchair Hockey Association nationals held last weekend at Althouse College. The Electric Knights defeated the Toronto Rock 2-1 in the best-of-three final to capture the Allied Cup on Sunday. Linda Dube was named best defence of the tournament. METRO

Metro compares two recent, chaotic outbursts in major cities

A tale of two city riots

TEXT **TERRIS SCHNEIDER IN VANCOUVER**

Vancouver

How it started:
Sparked after the Canucks' 4-0 loss to the Boston Bruins in the Stanley Cup final. A combination of alcohol, instigators and people who got swept up in the moment is blamed for the riot.

Social media:
Twitter and Facebook were two of the tools used to identify and shame rioters, many of whom posed for photos in front of burning vehicles. There were reports of identified rioters who were threatened or were punished at work or school.

Size and scope:
The crowd of around 100,000 was three times as large as the crowd that rioted following the 1994 Stanley Cup final. The riot was contained in the Downtown Core and took police three hours to quell.

Resolution:
Police were able to quell the Stanley Cup riot after about three hours, but footage of burning cars and smashed windows drew attention from around the world.

JENNIFER GAUTHIER/METRO FILE

▶ Vancouver Canuck fans burn cars after their team lost to the Boston Bruins in Game 7 of the Stanley Cup final.

London

How it started:
Riots broke out in North London after a march to protest the fatal shooting of Mark Duggan, a father of four, turned violent. Experts have pointed to unemployment and anti-police sentiment as possible underlying causes.

Social media:
Initially, Twitter and BlackBerry use were being blamed for inciting violence and looting, with British police were threatening to arrest people who used social media for communicating about the riots.

Size and scope:
A march of 200 people in Tottenham turned violent and spread into other London neighbourhoods. Over the next three days it also spread to other cities including Birmingham, Liverpool and Bristol.

Resolution:
For civic leaders and Olympic organizers, the violence is an unwelcome reminder of London's volatility less than a year before the city hosts the 2012 Games.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ A girl laughs as a car burns after it was set on fire by rioters in Hackney, east London, on Monday.

London police expand presence

Thousands more police officers flooded London streets yesterday in a bid to end Britain's worst rioting in a generation as nervous shopkeepers closed early and some residents stood guard in order to protect their neighbourhoods.

An eerie calm prevailed in the city, but unrest spread across central and northern England on a fourth night of violence driven by poor, diverse and brazen crowds of young people.

Scenes of ransacked stores, torched cars and blackened buildings frightened and outraged Britons just a year before London is to host the summer Olympic Games, and brought demands for a tougher response from law enforcement.

London's Metropolitan Police department put thousands more officers in the streets and said that by today there would be 16,000 — almost triple the number present Monday.

THE ASSOCIATED PRESS

ANTHONY DEVLIN/THE ASSOCIATED PRESS

▶ An employee talks on her phone from behind the smashed windows of a looted hair salon in Ealing, west London, yesterday.

AFTERMATH

Tweets lead to cleanup

The morning after devastating riots swept across London, hundreds of people gathered in Twitter-organized crews to sweep up broken glass, clean vandalized buildings and show the world that their city is about more than mindless destruction.

"After everything that happened last night, it's good to see people can come together for something other than looting," said Jina Creighton, 23, gathering with dozens of others outside the subway station in the Camden area of London.

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‘The darkest days of his presidency’

Barack Obama, who came to power pledging to set the United States on a new path, has been seemingly blindsided by the depth and endurance of a recession that was just beginning when he was elected president in November 2008.

“This is a president who came in wanting to be transformational,” Stephen Hess, a senior fellow at the Brookings Institution in Washington, said yesterday.

“He dreamed very grand dreams, and he staked it largely on health care. That’s why he focused on health care when Democrats controlled both chambers of Congress instead of immediate, shovel-ready projects that might have helped buoy the economy. And that’s leading to questions about whether he’s turned out to be the wrong person for this particular moment.”

This is indeed a bleak period for Obama. He’s been roundly maligned by the left for a deal struck with Republicans to avert a debt ceiling default that contains only spending cuts and no tax increases on the wealthy. He’s also been assailed for his slow response to the U.S. credit downgrade last week and a lacklustre speech on Monday meant to reassure investors who ignored him and sold off stock anyway.

“These are certainly the darkest days of his presidency,” Hess said.

THE CANADIAN PRESS

CAROLYN KASTER/THE ASSOCIATED PRESS

▶ Though many were disappointed by Obama’s speech on Monday, in which he addressed the U.S. credit-rating downgrade, others point out that he has largely been at the mercy of a highly partisan Congress.

Thumbs up

Despite his trials and tribulations, Obama is still popular, Stephen Hess points out.

- **A CNN poll put Obama’s** approval rating at 44 per cent yesterday.
- **Most political observers** acknowledge that Obama is by no means headed for certain defeat in November 2012.

Markets bounce back as Fed reacts

U.S. Federal Reserve vows to keep interest rates near zero for two years
But European debt and sluggish U.S. economy threaten global finance

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ The Toronto stock exchange numbers on the Scotiabank board on King Street West in Toronto yesterday show the TSX climbing back from Monday’s debacle.

The Toronto stock market surged 438.3 points to 12,109.26 yesterday as investors bought up stocks across all sectors that had been beaten down in price during a series of plunges that brought the TSX to its lowest level in a year.

The rally occurred even as the U.S. Federal Reserve acknowledged the U.S. economy is weaker than it had thought, with increasing risks ahead.

“We were coming out of a deeply oversold condition from the markets having sold off so dramatically in the past week,” said Jim Muir, director at Fraser Mackenzie.

“And we had the Federal Reserve coming out with a statement that didn’t surprise anyone to the negative and had some positive elements to it.”

The U.S. Federal Reserve announced yesterday that it is keeping interest rates near zero and expects to keep them low through mid-2013.

The main Toronto index has fallen sharply over the past two weeks, losing almost nine per cent in just the last three sessions, reflecting a lack of confidence that political leaders and central bankers can manage Europe’s debt crisis and mounting expectations of the U.S. going back into recession.

“Europe is the biggest concern,” said Muir, pointing out that at least the U.S. has the will to dig itself out of its problems.

“And I’m not sure that even with the will you could solve Europe’s problems. What happens to their banking system when, not if, Greece goes lights out and gives everyone a haircut on the paper they’re holding? Then what happens after that because there are other countries that are in not much better shape than Greece?”

THE CANADIAN PRESS

More on markets {page 6}

Bank of Canada expected to keep rates low

European sovereign debt and the sluggish U.S. economy remain the primary concerns of economists as the U.S. Federal Reserve said yesterday that it will keep interest rates at record lows for the next two years.

Doug Porter, BMO deputy chief economist, said the move by the Fed means the Bank of Canada will probably keep its key overnight rate at one per cent well into next year.

“At the very least, events have conspired to keep the Bank of Canada on the sidelines for a lot longer than most had anticipated,” Porter said.

Pension funds and individual investors alike have seen their holdings take a hit in the recent turmoil, which has wiped out billions in value for Canadians’ investments and could undermine consumer confidence and spending if the downturn persists or gets worse.

THE CANADIAN PRESS

Loonie rallies amid overall decline

The Canadian dollar gained 1.24 cents to 102.16 cents US yesterday after slipping as low as 99.95 cents US.

The currency gained ground and the greenback weakened after the U.S. Federal Reserve acknowledged the U.S. economy is weakening while offering no new stimulus measures to soften the blow of deteriorating conditions.

The loonie has lost about five cents in the past two weeks as traders have sought safety in U.S. Treasurys amid a stock-market meltdown reflecting a lack of confidence that political leaders and central bankers can manage Europe’s debt crisis and mounting expectations of the U.S. going back into recession.

The recent downgrade of U.S. debt by Standard & Poor’s served to deepened the malaise on markets.

The loonie has also been punished by tumbling prices for oil and metals after the Fed’s pessimistic take on the economy.

THE CANADIAN PRESS

Investors eyeing German economy

The fear that has gripped Europe’s sovereign debt market for months took root in its stock markets yesterday as investors worried about uncertain growth prospects for some of the continent’s biggest companies.

Spain and Italy watched their borrowing costs drop further in signs of success for a massive central bank move to quell Europe debt’s crisis, but stock markets were in turmoil.

Germany’s stock market was down for the 10th consecutive day and new data from Europe’s growth engine showed that export growth — a closely watched economic indicator — is slowing down.

Germany has sailed through the debt crisis relatively unscathed. Despite much grumbling over the big contributions to the rescue packages to Greece, Ireland and Portugal, the eurozone’s largest economy enjoyed stellar growth last year and early this year.

But if the current stock market sell-off continues, this could change.

THE ASSOCIATED PRESS

Gold appeal up as debt levels rise

- Investors view gold as a safer bet with stock markets tumbling
- Gold's price continues to soar

Gold prices are pushing to new heights as investors digest the possible consequences of the lowered U.S. credit rating and Europe's debt crisis.

Investors view gold as a safer bet amid rising worries about debt levels of the major economies and tumbling stock markets.

Its value, unlike that of a currency, doesn't hinge on whether countries can make their bond payments, or on the vigour of their economies.

The price of gold streaked past $1,700 US an ounce for the first time Monday as anxious investors sought safety in the metal as stocks tumbled around the world after the U.S. lost its AAA credit rating.

In yesterday's morning trading, gold futures were up $39.50, or 2.3 per cent, to $1,752.70 per ounce, setting a new record.

Gold's price has more than doubled since the recession began in late 2007. Its climb accelerated this summer.

Still, adjusted for inflation, an ounce of gold remains below its 1980 peak of $850, which translates to about $2,400 in current dollars.

THE ASSOCIATED PRESS

Cost of Gold

- Gold's price has nearly doubled since the start of 2009, and its climb accelerated this summer.
- Gold settled at $1,743.00 yesterday. It had been as high as $1,782.50 earlier in the trading day.
- While the euro currency has been pressured because of concern that European countries could default, the value of gold isn't tied to any country's balance sheet.

LEE JIN-MAN/THE ASSOCIATED PRESS

▶ An employee at the Korea Gold Exchange shows off gold bars in Seoul yesterday. Gold's allure stems in part from fears that the world's major economies are dangerously indebted.

The Apple of U.S. companies

Apple has surpassed Exxon Mobil as the most valuable company in the U.S.

Apple Inc.'s stock gained 3.2 per cent to $364.60 US yesterday, bringing the iPhone and iPad maker's market capitalization to about $338 billion.

Exxon Mobil Corp. shares, meanwhile, were trading at $69.45, down nearly one per cent, giving the oil company a market cap of $337.7 billion.

Other corporations, such as Wal-Mart Stores Inc. and General Electric Co., don't even come close.

Apple has been on a roll with the popularity of its iPad tablet computer and strong sales of the iPhone. Investors expect Apple to grow if it keeps making products people want.

Exxon has limited growth prospects. Its growth is driven by fluctuating oil prices and discovering new oil.

THE ASSOCIATED PRESS

JUSTIN SULLIVAN/GETTY IMAGES

▶ A pedestrian walks by an Apple Store in San Francisco.

U.S. appeals B.C. timber activities

The United States is expected to seek billions of dollars in penalties when it files its case to back a claim that British Columbia is subsidizing wood damaged by the mountain pine beetle.

The U.S. Trade Representative is slated to present a brief to the London Court of International Arbitration seven months after it alleged that British Columbia was breaking the 2006 softwood lumber agreement by selling the province's timber at artificially low prices.

The U.S. accused the provincial government of "dramatically" increasing the amount of beetle-infested timber it was selling at the cut-rate price of 25 cents a cubic metre.

Canada has said it believes the U.S. case was based on "unfounded allegations." THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+438.3 (12,109.26)	+ 1.24¢ (102.16¢ US)	- 2.01¢ US ($79.30 US)	$3.90 (- 3.9¢)
			Gold contract $1,743.00 (+ $29.80)

Housing pickup due to demand: CMHC

A stronger than expected housing market has helped propel growth in the Canadian economy this year, but economists say recent economic and market tumult could jeopardize momentum in the sector.

The Canada Mortgage and Housing Corp. said Monday that national housing starts rose to 205,100 units on a seasonally adjusted basis in July, 11.6 per cent higher than the 188,900 reported in the same month last year and up 4.3 per cent from 196,600 recorded in June.

However, the pickup, driven by strong construction on condos and apartment buildings in urban centres, is likely due to builders catching up to robust demand last year.

Home-building activity increased through the first seven months of 2011, but starts are still down 4.6 per cent from a year ago.

THE CANADIAN PRESS

FIGHT THE SIGNS OF AGING — WITH ACTION

JUST SAYIN' ...

PAUL SULLIVAN
METRO

Diana Nyad, you rock.

Mick Jagger, you also rock, if for slightly different reasons.

Diana Nyad rocks because, at an age when other people are adjusting their Depends, she attempts to swim from Cuba to Key West in shark-infested waters.

OK, she only got halfway yesterday before they pulled her out of the water, but she spent 29 hours in the Caribbean and was blown 24 kilometres off course. A lot of people have trouble getting out of the bathtub at 61.

I love what she said before she set out: "I think this is the prime. When one reaches this age, you still have a body that's strong but now you have a better mind."

Meanwhile, Sir Mick is rocking the charts with relevant new music when other people his age have the dial permanently stuck on 1967.

"We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our 'prime' start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess."

That was a very good year, but come on. We can't go to the mall or the supermarket without being tossed back kicking and screaming into 1967, but Mick and his new BFFs have nailed a perfect blend of reggae, hip-hop and soul to rescue the beach blanket bingo from Katie Perry.

As part of a supergroup called Superheavy, the world's oldest Stone joins the world's youngest — Joss Stone — along with Damian, he of the next generation of Marleys, and Dave Stewart, another old person with young ideas — he turns 59 next month.

So who cares? Why bother with geezers, even if they are a notch up from the norm on the spry scale?

Because they are choosing to die young as late as they can. Life's candle is brief enough, but for some reason we choose to snuff it out prematurely. We're all in this together — we can blame the advertising industry, Hollywood or Generation X, Y and Z, but those of us still in our "prime" start whining about our aches and pains they way we used to complain about hangovers and sunburns and other fallouts of wretched excess.

Yep, parts fall off, but that's no reason to give up. You don't have to swim the whole Caribbean or crack the Billboard Hot 100 (although there is a tune called Moves Like Jagger by Maroon 5 and Christina Aguilera at number 25 with a bullet on the Hot 100) but how much better is life when you put it all out there?

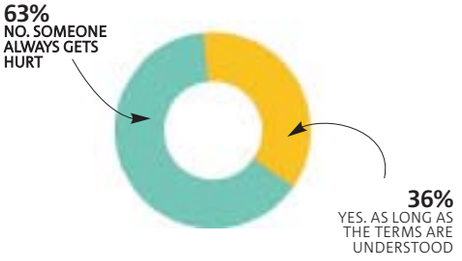
Diana Nyad and Mick Jagger prove there is life after 30, 40, 50 or 60. Or until there isn't.

Then, and only then, will I stop trying to get out of the tub.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

Do friends with benefits ever work?



Local tweets

- **@kellyziegner:** It's a curly hair kinda day in #LDNont
- **@LdnWalkofHope:** Beckies Beauties are our top fundraising team at the moment! Would LOVE for one of the #ldnont teams to be National Top 10!
- **@MikeMarsman:** Call me a visionary or an idiot, but if you want to revitalize downtown #ldnont just put an Apple Store at D&R. Problem solved! ;-)
- **@thedamon:** Downtown w/ @FanshaweCollege arts campus and pedestrian centred Dundas sounds like the start of a smart, progressive city. Weird! #ldnont
- **@AndrewSchiestel:** I'm going to take martial arts again in #ldnont. I'm searching for a Sensei who has deep inner peace and strength. Any recommendations?
- **@interrobang_fsu:** Does anybody know of any resources in #ldnont for men who have been abused?
- **@SaugeenSophTeam:** Orientation Week is getting closer and closer, how excited is everyone? we are ecstatic!! #UWO

Worth Mentioning

THINKING ABOUT THINKING. Scientists who hunt for "intelligence genes" used to think there were fewer than half a dozen of them.

In recent years, they determined there may be at least 1,000 — each with just a tiny effect on the differences in people's IQ. A study released yesterday found new evidence that many genes play a role in intelligence, but scientists still couldn't pinpoint the specific genes involved.

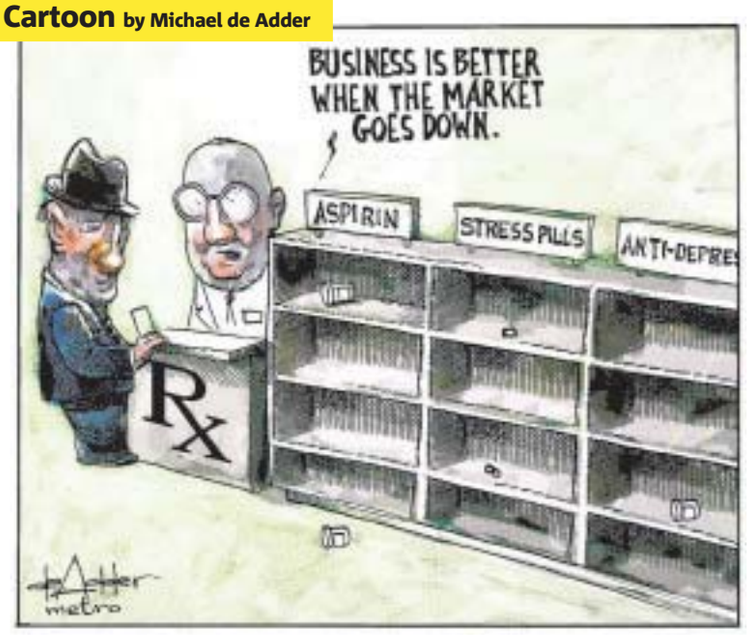
"We can't find the effects of any individual genes that are large enough to seem worth worrying about," said psychologist Eric Turkheimer at the University of Virginia.

The new DNA study, reported in the journal Molecular Psychiatry, found many genes work together to shape intelligence much like the different instruments of an orchestra that play in sync.

As important as genes are in determining intelligence, they don't act alone, and the role of one's upbringing and experiences cannot be ignored.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Semen-spiked water proves a pricey prank

A U.S. man convicted of ejaculating into a co-worker's water bottle has been ordered to pay the woman more than $27,000 US.

The Los Angeles Times says a judge on Monday ordered Michael Kevin Lallana to pay the woman for loss of wages, therapy and medical expenses.

Lallana was convicted earlier this year of two misdemeanour counts of battery.

Prosecutors say Lallana deposited his semen twice last year in the water bottle of a co-worker at Northwestern Mutual Mortgage Co. in Newport Beach, Calif.

The woman drank from the bottle both times, throwing the first one away after detecting a foul taste.

The second time she sent the bottle to a lab for testing.

Lallana was arrested in July 2010 and his DNA was later matched to the water bottle.

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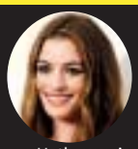
2 scene

News in brief



Anne Hathaway is one Hollywood star who's wearing her age like a badge of honour. "I find the passing of time very liberating," says the actress, who turns 29 in November.

THE ASSOCIATED PRESS

Hong Kong director Johnnie To's Life Without Principle joins 22 films vying for Golden Lion

CONTRIBUTED

▶ Emma Bell as Molly, left, Nicholas D'Agosto as Sam and Miles Fisher as Peter star in Final Destination 5.

Resuscitating the Final Destination franchise

Original movie featured groups of people who cheat death Can a new director and 3D imaging breathe life into Final Destination 5? We investigate

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The folks behind Final Destination 5 want you to see their movie, but they understand if your faith in the franchise is a little shaken.

"We wanted to say to everybody, 'This is a serious movie that we took seriously. It's well-made and it is not what you would expect, given the last two or three movies in the franchise,'" Perry says.

The incredibly candid producer admits the franchise — about groups of people who cheat death only to have the grim reaper catch up with them in increasingly inventive ways — lost its way somewhat on the way to No. 5.

"I think we had lost what made the original special," he says. "The first one was able to handle that balance between humour and dark portent, and some of the subsequent ones, we went so far into making it over the top that it actually became distancing."

To help solve that issue, Perry and company brought in a new director, Steven Quale. "

Steve made this one grounded and palpable and real," Perry says.

Quale proved the right man for the job for getting past what didn't work about the previous films.

"I don't like the word camp," he says. "I am one that really hates that kind of stuff. I mean, a fun movie like Austin Powers is great, but that's what it is. It's a parody. And I didn't want that to happen to this movie. And I thought some of the earlier movies may have been going in a direction that I don't like."

And while Quale's directing resumé isn't terribly long, his technical savvy came in extremely handy, since Final Destination 5 was shot in 3D.

"Having directed the second unit and done some visual effects for Avatar, I have years of experience working in the 3D realm, and I think it's dependent on the filmmaker to figure out what he or she wants to do to organically make the 3D part of the movie," he says.

Movie reviews

The Help
Genre: Drama
Director: Tate Taylor
Stars: Emma Stone, Viola Davis and Octavia Spencer

The Help takes place against the backdrop of a time in the South when groups like the White Citizen's Council had a storefront on Main Street.

The story of a plucky young writer (Emma Stone) and two courageous African-American maids (Viola Davis and Octavia Spencer) who write a book exposing the real lives of the domestic help is a finely acted but somewhat sanitized look at Mississippi life in 1963.

Long on emotion and sincerity, to be truly effective this could have used a little more grit, but it does tell an important and heartfelt story.

RICHARD CROUSE

The Help. Screen times

Rainbow Cinemas London: Wed-Thu 12:55-3:45-6:50-9:40

SilverCity London: No Passes Wed-Thu 12-3:20-6:50-10:10

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ALL PHOTOS GETTY IMAGES

▶ Kanye West

West angered by recent criticisms

Rapper ranting about treatment at the hands of others

Kanye West had some things he wanted to get off his chest at a concert in England recently.

The outspoken rapper went on a bit of a rant between songs at the Big Chill Festival in Herefordshire over the weekend, according to TMZ.

"Once again I wake up, and I'm a monster. And I walk through the hotel and I walk down the street and people look at me like I'm f—ing insane, like I'm Hitler," West said in his rambling monologue, during which he declared himself the Michael Jordan of music.

"I walk down the street and people look at me like I'm ... insane, like I'm Hitler"
KANYE WEST

"One day a light will shine through and one day people will understand (that) everything I ever did, ever said, was to throw myself on the blade for the sake of someone else, for the sake of people," West said. METRO

Taking some time off

After making 10 films in four years, Sam Worthington is looking for some time off from acting.

"I haven't taken a break in four years. It's been a nomadic existence," Worthington tells Men's Health. "Now it's time to enjoy the fruits of my labor for a little bit — but I don't think I'll be gone for long."

Besides, the Australian actor is more concerned with his ongoing journey of self-discovery.

"They say that in your 20s you're trying to work out the man that you want to be, and in your 30s you discover who he is," Worthington says. "And warped and all, beer gut and all, brain damage and all, you just kind of go, 'Well, this is it, and I might as well try.'" METRO

▶ Sam Worthington

Talking points

Confirming what we all already knew

THE STORY THAT JUST WON'T GO AWAY. It may have taken six years, but someone is finally saying what everyone suspected: Brad Pitt cheated on Jennifer Aniston with Angelina Jolie, according to a new book by Mr. and Mrs. Smith by producer Arnon Milchan.

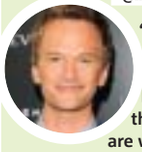
"At first, Jen didn't believe he was involved with Angelina. She started asking around but no one would tell her anything because they were loyal to Brad, so she asked him point blank. He denied it," Milchan reports. "He eventually admitted he was in love with Angelina. Jen was furious and threw him out." METRO

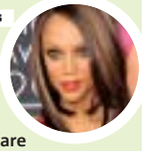
DiCaprio, Lively step out on town

KEEP COOL Leonardo DiCaprio and Blake Lively brought their undercover romance to Los Angeles, trying to keep things low-key with a dinner date in the east side's Los Feliz neighborhood, according to People magazine. METRO

Celebrity tweets

@ParisHilton
"Midnight in Ibiza, just now on our way to dinner. The night has just begun..."

@ActuallyNPH

"Terrific. Now, instead of blocks, all the twins are wanting for their birthday is a mega-yacht."

@tyrabanks

"Arguing w/somebody I think is insane. They are saying u can learn ANYTHING on Internet, including learning 2B a heart surgeon! WhatUThink?"

3 life

The wet and wild clubs of Las Vegas

HANDOUT: HARD ROCK HOTEL & CASINO

DON'T
Underestimate the sun. You are in the desert, after all.
Expect to work on your fitness. These pools aren't meant for laps.
DO
Drink plenty of water, particularly if you start with mojitos at 11 a.m.
Bring your ID to get into the day clubs.

▶ Rehab at The Hard Rock is known for its Sunday pool parties.

A new breed of tourist is heading to Las Vegas, and not for the casinos. Poolside is where the action is these days Here are some of the hottest pool parties and day clubs

NIKKI BEACH CLUB, TROPICANA

THE POOL: With its signature South Beach-inspired all-white design, this is one of the newest party pools on the Strip, complete with teepee-shaped cabanas, opium beds and swim-up blackjack tables.

THE SCENE: The place to see and be seen, this beach club is known for weekly events hosted by celebrities and international "dueling" DJs — not to mention a tradition of spraying champagne on people in the pool.

MOOREA BEACH CLUB, MANDALAY BAY

THE POOL: With a St. Tropez vibe and Tahitian styling, this beach club offers a private pool and lounge area, infinity whirlpool and poolside massages.

THE SCENE: This upscale, sophisticated day club offers views of Mandalay Beach, with its enormous wave pool, 2,700 tons of real sand and concert stage. Moorea is where you'll find bronzed, sculpted singles.

Ke$ha has partied at the Moorea Beach Club.

MARQUEE DAY CLUB, COSMOPOLITAN

THE POOL: Part of the TAO Group, this day club has panoramic views of the Strip and is connected to the nightclub to bring the party from day to night.

THE SCENE: If you're looking for over-the-top luxury, rent a Grand Cabana with its own infinity pool, or a three-story bungalow with living quarters and a party deck. The Marquee is known for its music and has international house DJs in residence.

AZURE, THE PALAZZO

THE POOL: If you're not into the crazy party scene at neighbouring Tao Beach, this adult pool is designed to feel like a Mediterranean resort. Here you can chill on a daybed while eating frozen grapes and drinking champagne.

Selma Blair co-hosted the opening of Azure this spring.

THE SCENE: Azure features Stereo Love Saturdays, where guest DJs spin by the pool. Unique touches include a menu by Wolfgang Puck, massages by Canyon Ranch SpaClub and flavoured Hookah by Azuza, and complementary sunscreen application.

REHAB, THE HARD ROCK

THE POOL: This complex of pools includes a white-sand beach, planted palms, waterslide and poolside blackjack tables, as well as luxury cabanas.

THE SCENE: Rehab is known for its Sunday pool parties, where late-night clubbers "detox" from a night out on the Strip to the grooves of resident DJs. But this party is not for the faint-hearted — the complex can pack in hundreds of people and line-ups start at 7 a.m.

VAWN HIMMELSBACH

Cooper's nightmares

Alice Cooper is inviting theme park visitors into his nightmares this Halloween season. Universal Studios Hollywood announced plans Tuesday to construct an attraction based on the macabre rocker's album Welcome to My Nightmare, and its upcoming sequel Welcome 2 My Nightmare. "We'll be creating this living horror movie within screaming distance of the sound stages where horror movies first began, so there's no place more appropriate to offer a preview of the new Welcome 2 My Nightmare," Cooper said. "This will be a nightmare that will haunt visitors' dreams for a long time to come."
The maze will feature Cooper's music as well as guillotine decapitations and electric chairs.

THE ASSOCIATED PRESS

Budget hotels in Manhattan top $200; cheaper rooms available not far away. Scan code for story.

Wonderland of wine

California's Napa Valley offers plenty for the traveller's palate

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

ALL PHOTOS DEREKSKEY/FLICKR

▶ The vineyards at Francis Ford Coppola's winery.

▶ Francis Ford Coppola's winery.

If California sun and great wine is your thing, Napa Valley is the place where they meet in perfect harmony.

Inspired by the vino-drenched movie Sideways, which showcased Napa in all its glory, I couldn't wait to get there and start tasting the nectar of the gods.

Even with all the hype surrounding Napa in recent years, it remains a largely quiet, scenic and even laid back place.

One of the more unique and classy experiences in the region has to be cave dining at Rutherford Hill Winery. After entering the candlelit wine aging caves, I was treated to a veritable feast, complete with fancy linens and crystal stemware to sample the wines, no less. Rutherford also allows the novice like myself to play winemaker for a day and blend your own merlot. Of course, guzzling it was the best part.

Perhaps the most famous winery in Napa is the Francis Ford Coppola Winery, started by the famous movie mogul turned grape master. Located on a scenic hill surrounded by vineyards, there is more than you might expect here. Not only are exclusive and popular Coppola wines on hand for sampling (and believe me, I sampled), there is even a touch of Hollywood in the form of a museum featuring props, costumes and memorabilia celebrating the owners iconic movies.

A whole wall is dedicated to Apocalypse Now, featuring Dennis Hopper's outfit, and Robert Duval's Calvary hat. Another area features a re-creation of a Lake Tahoe scene from Godfather 2. You get the idea. A display case even features a row of Coppola's personal Oscars that he received for just one film. Somehow all of this Hollywood memorabilia seemed even more fascinating following a taste or two of Coppola wine.

Maybe that's the gimmick. Napa may still be small and intimate, but it's big on cool ambiance.

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Amsterdam	$149	
Travel Oct 9 - Oct 17/ts		+ taxes & fees $446
Puerto Rico	$449	
Travel Sep 14 - Sep 21/dl		+ taxes & fees $138
Buenos Aires	$750	
Travel Oct 4 - Oct 19/la		+ taxes & fees $528
Bangkok	$989	
Travel Sep 11 - Sep 22/ay/aa		+ taxes & fees $469

Europe

Paris Air + First 2 Nights $249
Ibis Paris Alesia Montparnasse + taxes & fees $475
INCLUDES central accom. Departs Sep 8/swg/ts.
ADD Tour de France of Wine for $86.

Glasgow Air + First 2 Nights $279
Express by Holiday Inn + taxes & fees $522
INCLUDES central accom. Departs Sep 10/ggv/ts.
ADD 2 nights Isle of Skye tour for $370.

Venice Air + First 2 Nights $649
Carlton Capri Hotel + taxes & fees $428
INCLUDES central accom with breakfast. Departs Oct 7/ggv/ts. UPGRADE to 4-star Amadeus Hotel for $9 per night. ADD Romantic Waterways of Venice tour for $52.

Iceland Air + 6 Nights $699
Foss Lind + taxes & fees $338
INCLUDES central accom with breakfast. Departs Sep 12/ggv/fi. ADD Blue Lagoon tour for $49. ADD Reykjavik Greater Area Sightseeing tour for $74.

Oktoberfest
Air + 4 Nights 4-Star $1289
Leonardo Hotel & Residenz Munich + taxes & fees $521
INCLUDES central accom near the Deutsche Museum. Departs Sep 21/ggv/ac.

USA

Orlando Family Special Air + 7 Nights $99◊
Champions World Resort + taxes & fees $237
INCLUDES accom near theme parks. Price per person based on family of 4. Departs Sep 8/ggv/ts. UPGRADE to 4-star Mona Lisa Suites Hotel for $22 per night.

Las Vegas Air + 4 Nights $295
Imperial Palace + taxes & fees $307
INCLUDES accom on the Strip. Departs Oct 16/swg/wg.
UPGRADE to 4-star Luxor for $20 per night.

New Orleans
Air + 3 Nights 4-Star $494
Sheraton New Orleans + taxes & fees $95
INCLUDES accom near French Quarter and Mississippi River. Departs Sep 25/ggv/us.
ADD swamp and bayou tour for $49.

Chicago Air + 3 Nights 4-Star $559
Affinia Hotel + taxes & fees $87
INCLUDES accom steps away from the Magnificent Mile. Departs Sep 11, 18/ggv/aa.

Phoenix Air + 3 Nights $569
Point Hilton Squaw Peak Resort + taxes & fees $98
INCLUDES accom in the Phoenix North mountains. Depart Oct 16, 23/ggv/ua/co.

Canada

Niagara Falls
Family Special, 2 Nights $59◊
Ramada Niagara Falls taxes & fees included
INCLUDES accom near the falls. Price per person based on a family of 4. Travel Sep 11, 18, 25/ggv.
ADD maid of the mist tour for $27.

Mont Tremblant Labour Day Weekend
3 Nights 5-Star $385
Fairmont Tremblant + taxes & fees $137
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Taste watermelon's savoury side

While the fruit is normally eaten sliced, the right ingredients can make it the star of appetizers and snacks

Nothing beats biting into a wedge of refreshing watermelon at a family barbecue or summer picnic when the temperature is soaring.

"My favourite way to eat watermelon is to have a whole triangular slice on a hot summer day," says registered dietitian Cara Rosenbloom.

The fruit packs a healthy punch, with an antioxidant known as lycopene, which gives it its deep pink colour, as well as vitamins A and C. Plus it's low in calories and has no fat, sodium or cholesterol.

"What's interesting about lycopene is we usually hear about it in relation to tomatoes, but watermelon is actually the lycopene leader among fresh produce. It has almost double the amount of lycopene on a cup-per-cup basis when compared with raw tomatoes," Rosenbloom said.

Most of the research on the anti-cancer properties of lycopene have focused on prostate cancer, said Rosenbloom, who runs a nutrition communications business called Words to Eat By.

Other fruits that contain lycopene are pink grapefruit, apricots, guava and papaya. Strawberries are not included on the lycopene hit parade.

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Watermelon Havarti Stacks with Dilled Ranch and Grilled Chicken

The creaminess of havarti cheese mixed with fresh dill and savoury ranch dressing balances the sweetness of the watermelon, delivering a petite yet satisfying, fully-rounded option for bridal shower gatherings. You can use a circular cookie cutter to cut the watermelon and cheese founds.

Preparation:

1. Place one round of watermelon in the centre of each of 4 serving plates. Trim cheese into the same size circle as the watermelon and place one cheese round on each of the four plated slices of watermelon. Top with another piece of watermelon and remaining cheese.
2. Clump chicken in even portions on top of watermelon cheese stacks. Stir fresh dill into dressing. Garnish watermelon chicken stacks with dressing and an attractive drizzle of Watermelon and Wine Reduction.

THE CANADIAN PRESS/ ALL RECIPES NATIONAL WATERMELON PROMOTION BOARD (WATERMELON.ORG)

THE CANADIAN PRESS H/O

▶ This recipe serves four.

Ingredients:

- 8 circles seedless watermelon (each 2.5 cm thick by 10 cm diameter/1 inch thick by 4 inch diameter)
- 8 slices havarti cheese
- 6 grilled chicken breast halves, cooled and julienned across grain
- 5 ml (1 tsp) minced fresh dill, stems removed and discarded
- 250 ml (1 cup) natural low-fat ranch dressing
- 1 serving Watermelon and Wine Reduction Drizzle

Grilled Spicy Watermelon

Ingredients:

- 15 ml (1 tbsp) lime zest
- 50 ml (1/4 cup) lime juice (divided)
- 50 ml (1/4 cup) honey
- 10 ml (2 tsp) garlic chili sauce
- 1 pinch salt
- 1 medium watermelon
- 15 ml (1 tbsp) freshly chopped cilantro

Preparation:

1. Preheat grill to high.
2. In a bowl, whisk together lime zest, lime juice, 45 ml (3 tbsp) of the honey, chili sauce and salt.
3. Cut watermelon into 2.5-cm (1-inch) thick wedges. Lightly drizzle each side with remaining honey and place on grill. Grill until just browned, about 2 minutes per side. Place watermelon slices on a plate and drizzle with lime dressing. Garnish with cilantro

Carrot, Pistachio and Watermelon Salad

This salad contains olive oil, which helps boost the effect of the lycopene in the watermelon.

It makes a delightful side dish for lunch or dinner on the patio.

Ingredients:

- 125 ml (1/2 cup) blueberry vinegar (or 50 ml/1/4 cup blueberry juice and 50 ml/1/4 cup red wine vinegar)
- 5 ml (1 tsp) dried Italian herb blend
- 5 ml (1 tsp) cracked pepper or to taste
- 5 ml (1 tsp) honey
- 125 ml (1/2 cup) extra-virgin olive oil
- 1 l (4 cups) shredded carrots
- 1 l (4 cups) small-cubed seedless watermelon
- 1 cup (250 ml) chopped pistachio nuts (shelled, roasted and salted)

Preparation:

1. In a bowl, whisk together blueberry vinegar, Italian herb blend, pepper and honey. Whisk olive oil into mixture in a slow stream until thickened.
2. In a shallow bowl or deep serving platter, layer shredded carrots, watermelon and pistachios. Pour dressing over top and serve.

THE CANADIAN PRESS H/O

▶ This recipe makes eight to 10 servings.

Drink of the week

Watermelon-Grape Fizz

The effervescence of the sparkling water gives the natural watermelon and grape flavours a delightful kick.

- 250 ml (1 cup) seedless watermelon puree
- 50 ml (1/4 cup) grape juice
- 175 ml (3/4 cup) sparkling water
- Crushed ice, to taste

In oversized tumbler, mix watermelon puree and grape juice. Add sparkling water and ice. Stir for a few seconds to ensure drink is blended. Serve.

THE CANADIAN PRESS/ WATERMELON.ORG

Bank on what you're best at

STUDENT VOICE

CAITLIN DOHERTY
TALENTEGG.CA

In a world where undergraduate degrees are a dime a dozen and most industries are overflowing with over-qualified candidates,

I knew that getting a well-rounded education was a necessity. My parents also always encouraged me to go after what I loved to do and not use my education strictly as a career path.

That is how I ended up graduating from the University of Toronto with an English Specialist degree and no intention of applying my new-found education directly to a career.

Knowing I would have to enrol in post-graduate studies and with colleges offering extensive program options, I quickly learned that there were many different career paths that piqued my interest.

▶ Caitlin Doherty

After speaking with people involved in the industries I wanted to enter into, training in public relations stood out among the rest.

It offered an opportunity to work in an industry where I could combine my learned skills with my passions.

While I was focused on pursuing a career in a very specific area of PR, many of my peers were more focused on whether to go into agency, corporate or non-profit.

Few had considered if there was a specific area or particular clients they wanted to work with.

It wasn't until I started my internship and my boss shared her school-to-industry transition story that I realized how important being focused and knowledgeable in a specific area could be.

If you can position yourself as the go-to person in your company, you essentially become invaluable to your colleagues.

While many industries like PR will give you opportunities to work with various clients in many different industries, it is important to consider your personal brand and what you want people to know you for.

If you are passionate about technology and can become an expert in that area, there will be more opportunities for you to work with clients who interest you.

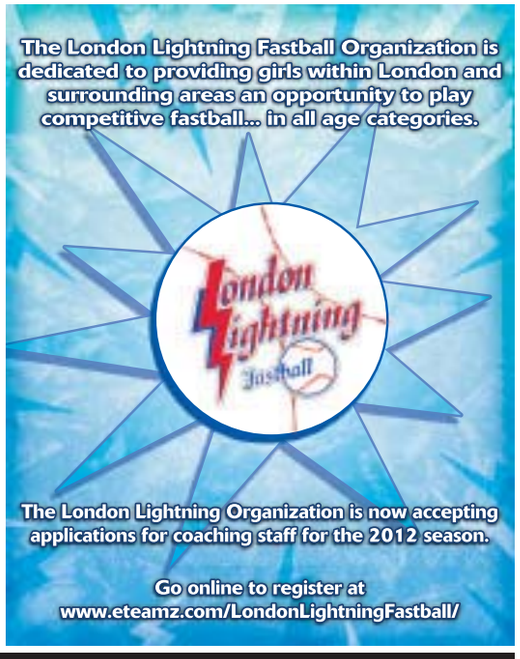
Once you establish what you are known for, you can then expand as opportunities become available. I was able to secure an internship with a notable start-up company because of my passion for cars, as their main client is well positioned in the automotive industry.

I have the opportunity to not only focus on my passion, but also delve into many of the interesting opportunities that an agency setting offers. **TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.**

Where Caitlin is now

Currently I am working at North Strategic, the agency where I interned, as an Account Co-ordinator. I have the unique opportunity to watch as a company is built from the ground up and learn from some of the best known practitioners in the industry.

Working with clients in the areas that I am passionate about is a definite bonus.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4 sports

Murray's title reign: C'est fini

World No. 4 bows out in first round in Montreal B.C's Pospisil defeats Chela to set up match with Federer

The two-time defending Rogers Cup men's champion is heading home early from this year's tournament.

Britain's Andy Murray crashed out in stunning fashion in Montreal yesterday, falling 6-3, 6-1 in the second round to Kevin Anderson.

Murray, is the tournament's first defending champion to lose an opening match since Marat Safin was knocked out in 2001.

Meanwhile, Canada's Vasek Pospisil advanced to the second round with a 4-6, 6-3, 6-4 win over Argentina's Juan Ignacio Chela.

The 155th-ranked player from Vernon, B.C., will take on Roger Federer in the next round. The Swiss master lost last year's final to Murray and is ranked third in the world and third at this year's tournament.

There will be no rematch this year.

"I've always played very well here and today I couldn't get anything going," Murray said. "I started both sets really, really badly, which doesn't help against someone who serves like Kevin."

The six-foot-eight Anderson is ranked 35th in the world and had only ever beaten one top-10 player going into the match — Novak Djokovic in 2008.

Anderson landed 65 per cent of his first serves and had five aces at Uniprix Stadium.

"(It was) not exactly what I was expecting," Anderson said of Murray's performance.

"And at the same time I think ... the way I played, the way I served today — I think I did make it pretty tough for him."

Murray won the 2009 Rogers Cup in Montreal and successfully defended his title last year in Toronto.

His head dropped and his shoulders slumped after he drove a game-point shot right into the middle of the net to put Anderson up 5-1 in the second set.

"I just felt very slow," Murray said. "The game seemed to be going so fast."

THE CANADIAN PRESS

MATTHEW STOCKMAN/GETTY IMAGES

▶ Andy Murray reacts to a lost point against Kevin Anderson in Montreal yesterday.

Quoted

"Celine made me and all my thug friends cry with the French song!!!! She cried !!! Wow!!!! She hugged me !! I got chills!!"

RON ARTEST. THE LOS ANGELES LAKERS FORWARD ATTENDED ONE OF CELINE DION'S PERFORMANCES IN LAS VEGAS OVER THE WEEKEND AND WENT ON A TWEETING SPREE AFTERWARDS, PROCLAIMING THAT THE SHOW WAS "CRAZY DOPE."

Bouchard bested

Canadian Eugenie Bouchard made a quick exit in her debut at the women's Rogers Cup tennis tournament.

▶ The 17-year-old wildcard from Westmount, Que., lost 6-2, 6-2 to 10th-seeded German Andrea Petkovic after a rain delay of almost three and a half hours in Toronto yesterday.

THE CANADIAN PRESS

Canadians right ship against Czech Republic

Canada's men's under-18 team bounced back from a disappointing opening game at the Ivan Hlinka memorial hockey tournament by defeating the Czech Republic 6-1 yesterday.

Jarrod Maidens and Morgan Rielly each had a goal and an assist for Canada, which opened the event Monday with a penalty-filled 5-1 loss to Sweden.

Andreas Athanasiou, Charles Hudon, Sean Monahan and Matthew Dumba had the other goals for Canada. Pavel Sedlacek replied for the Czechs.

Canadian head coach Steve Spott said his players are starting to adjust to the style of refereeing in Europe.

THE CANADIAN PRESS

Scan code for more sports news.

Sports in brief

Injury puts Sizemore's season in doubt

MLB. The Cleveland Indians won't have injured centre-fielder Grady Sizemore back until at least September, and there are no guarantees he'll return this season.

Manager Manny Acta said before last night's game against Detroit that Sizemore, sidelined since July 18 with a bruised right knee, will definitely not be back this month.

The Indians originally said Sizemore would be out four to six weeks, or by Sept. 1

Acta would not give a possible date for the 28-year-old's return.

THE ASSOCIATED PRESS

Speed, wheels and brakes

Buick claims the Regal GS delivers zero-to-100-km/h runs in the low seven-second threshold, which is decent, but not spectacular for the 1,680-kilogram sedan.

The GS features 19- and optional 20-inch wheels. As well, it's braking has been upgraded with a four-wheel-disc package from Brembo, a company that supplies the stopping power for the world's most elite cars.

Suspension

Performance-oriented upgrading has also been bestowed upon the GS. Chief among these are special "HiPerStruts" for the front suspension that help reduce torque steer, which is the tendency for high-powered front-wheel-drive vehicles to pull to one side under hard acceleration.

The driver can choose standard, sport and extra-firm suspension settings and for a more sporting feel, the degree of power-steering boost is reduced as suspension firmness increases.

Engine

What will give this Buick its performance chops is a turbocharged 2.0-litre four-cylinder that Buick promises will deliver at least 255 horsepower and a stout 295 pound-feet of torque.

By comparison, the Regal CXL's optional 2.0-litre turbo engine produces 220 horses and 258 pound-feet of torque. Much of GS's added output comes from increased turbocharger boost pressure along with freer flowing exhaust plumping.

▶ The latest Regal has German origins, so outfitting it with a good engine and hardware geared for a fun driving experience is a natural extension of the platform. Hey, get used to the "new Buick."

A performance Buick? You bet

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Buick continues to fashion a hipper image with the new Regal GS significantly enhancing the brand's stock.

The GS — short for Gran Sport, a performance label that Buick first used back in the mid-1960s — will be added to the Regal lineup later this year, showing the world that there really can be such a thing as a performance Buick.

The new model also provides one more engine choice for its new midsize platform. At one end of the spectrum, the 2012 Regal will be offered with a new gasoline-electric hybrid combo, called eAssist, that delivers significantly enhanced fuel economy. At the other end, the new GS comes with an enhanced-output turbocharged four-cylinder engine and matching performance/luxury content to challenge similar mid-size sedans from Europe and Japan.

Just as General Motors' Cadillac division is changing its image with the high-output CTS-V coupe and sedan, the GS will undoubtedly challenge the public's perceptions about Buick, which has traditionally catered to older drivers who cared very little about acceleration, road holding and steering and stopping performance.

Actually, Buick has a head start since the Regal sedan was conceived in Germany and is arguably the most visually arresting model in Buick's fleet.

5 drive

By comparison

BMW 328i sedan
Base price: $43,000
Reigning Euro-sedan king offers peppy engines and bank vault build quality.

Acura TL
Base price: $41,400
Redesigned 2012 edition comes fully loaded and is a blast to drive.

Lincoln MKZ
Base price: $40,000
Distinctive four-door is available with optional AWD and hybrid power.

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Real or toy, car designs are aligned

You'd be surprised how much work goes into toy cars

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DRIVING FORCE

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▶ A vintage race car is the basis of a Hot Wheels design.

You've probably seen pictures of designers working on new vehicles: sketching outlines, taking measurements and working on prototypes. The process isn't much different when the car is only a fraction as big.

"It's definitely a lot of work, and you want to make them interesting and unique," says Eric Tscherne, a former designer for Hot Wheels toys.

"You're dealing with a little bit of material. We push those boundaries to keep it fresh and new."

As with most real-car designs, the first step "is to get the idea out of your brain, on a notebook or a piece of paper," Tscherne says.

"Those first little 'napkin sketches' have most of the information. From there, you draw a nicer drawing or use 3-D computer software to realize it.

"You design it to meet a cost or a specification. If you're integrating technology, if you have to integrate a battery or a switch, it will define the size."

Depending on the toy, the design then moves to a computerized machine that builds a prototype, or to a model builder who produces a clay model. This is cast into material to create a tooling model, which in turn is cut into steel to produce the molds for the toys.

A regular ¼th Hot Wheels can take six to eight months from initial sketch to finished product, while a more complex toy can take two years or more. Designers must consider the stores as well, Tscherne says.

"I've got a shelf at Wal-Mart that's 18 inches high, so my box can be 17-½ inches. The more you design toys, you realize there are parameters that you never thought you'd be working with. The retailer isn't going to buy special shelves to stock your product."

Making a real car into a toy requires the automaker's approval, which can take a long time; high-end companies like Ferrari are very particular and will send a toy back several times for minor tweaks.

Tscherne preferred designing vehicles from his imagination: "The only person you have to impress is your own boss."

Did you know?

- Many toy car designers actually started as real car designers, some of them working for major automakers.
- While some automakers are fine with cartoonish renditions of their cars, most of the higher-end companies will only allow exact reproductions.

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Want a family sedan or wagon that prioritizes reliability, sensibility and exceptional fuel mileage? Consider something from Honda, Subaru, Mazda or Toyota.

Want a family sedan or wagon that's big on style, refinement and advanced technology?

Can't afford that BMW or Mercedes? The Volkswagen Passat might be the answer.

The last-generation car featured sedan, wagon or "Comfort Coupe" four-door body styles, two available engines, available All Wheel Drive (AWD) and plenty of high-tech goodies.

2006 to 2011 VW Passat

Engine

VW's two-litre turbo four-cylinder engine with 200 horsepower was standard on all models. The automaker's 3.6-litre, 280-horsepower V6 was also available.

What owners like

For most owners, the looks, refinement, performance and driving experience of the Passat were big draws. A high-quality interior feel, plenty of power with either engine and long list of bells and whistles all earned praise.

What owners dislike

Common complaints include poor gas mileage on V6-equipped models, a stiff ride, and a trunk design that allows water and snow to spill into the cargo area when the trunk is opened.

Common issues

An engine that seems to "misfire" or "hesitate" is likely suffering from bad ignition coil packs, a common VW and Audi problem on older models.

Note that the more complicated 3.6-litre engine suffers from a potential oil-pump bolt defect that could result in engine failure. As such, opt for the two-litre engine wherever possible, and get any extended warranty offered on Passat models powered by the larger engine.

Verdict

Ultimately, the big draws to a last-generation Passat will be the driving experience, styling and relatively affordable blend of luxury and high-tech. Expect to pay a premium in the market for the vehicle, repair costs, fuel and insurance.

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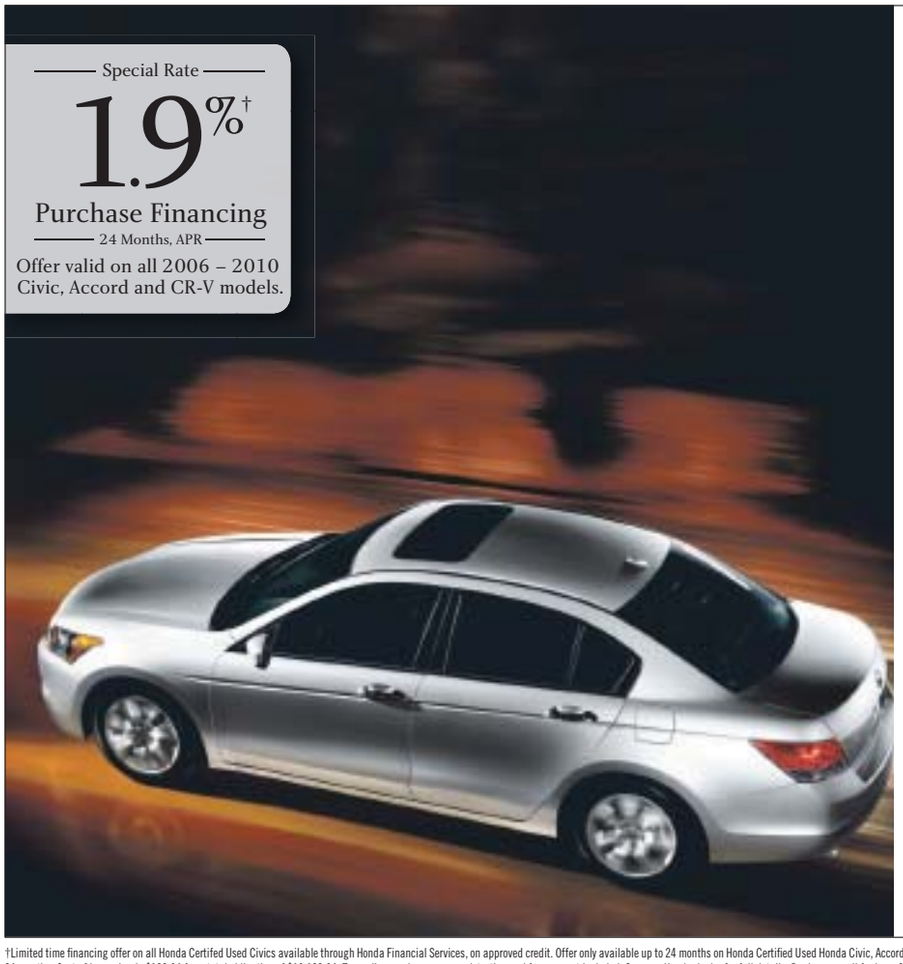

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†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires August 31, 2011.

Engine coolant is a year-round concern

Cooling system serves vital purpose no matter the weather

Most people only think about their vehicle's antifreeze/coolant during extreme weather conditions ... or when it's too late and their overheated vehicle is stranded on the side of the road. The truth is, antifreeze/coolant is a year-round concern.

"As the name implies, antifreeze/coolant performs two functions," explains Jay Buckley, ASE certified master mechanic and training manager for Prestone. "It helps keep the engine's cooling system from freezing in cold weather and from boiling over in hot weather."

In order to help lower exhaust emissions, modern engines run at very high operating temperatures. Cooling system temperatures of 110 C are not uncommon. What's more, many engines are constructed of dissimilar metals, which can lead to corrosion. All of this puts more stress on the antifreeze/coolant.

A high-quality antifreeze/coolant, like Prestone LongLife, which is designed for use with any antifreeze/coolant in any vehicle make or model, can have a long service life. However, it's still important to monitor the coolant level and condition regularly. Virtually all modern vehicles have a pressurized cooling system with a coolant expansion tank under the hood.

There are usually "high" and "low" marks on the tank to make things easier.

For added convenience when topping up, and to ensure the correct water/coolant ratio is maintained, Prestone comes in a premixed formulation of 50 per cent coolant and 50 per cent demineralized water. But it's not enough simply to check the level.

A professional technician should also test the condition of the coolant and the coolant concentration to ensure that it doesn't need to be changed. Because antifreeze/coolant service intervals can be two years or longer, it's easy to forget about it.

Get your cooling system checked today.

NEWS CANADA

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▶ When was the last time you checked your coolant level and condition?

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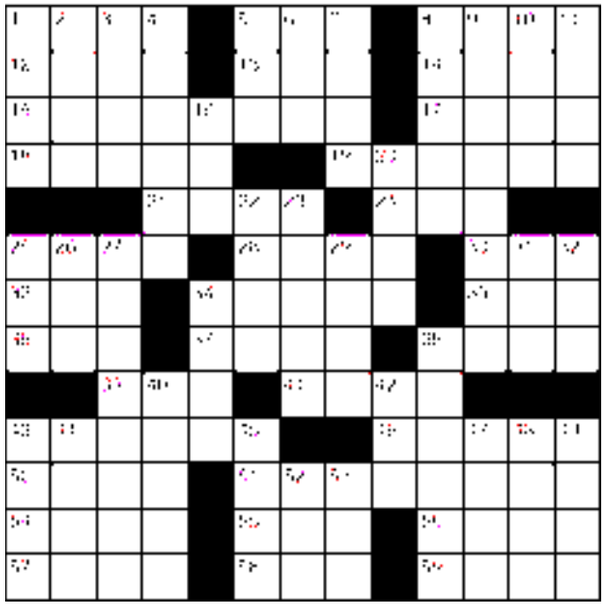

Across

1 Clumsy boats
5 Nourished
8 Casual eatery
12 Place
13 Parisian pal
14 Mimicked
15 Cutout fastened to a garment
17 Raced
18 Argument
19 Wiseacre
21 Emanation
24 Equi-
25 Family
28 Tournament format
30 Pump up the volume
33 Tear
34 Tell's target
35 Bill and —
36 "Uh-huh"
37 Repast
38 Charioteer's prop
39 Intend
41 Mascara site
43 The "Saw" series' genre
46 Hurl
50 Vicinity
51 Book end?
54 Landlord's due
55 Earth (Pref.)
56 24 cans
57 Speck
58 Football position
59 Historic periods-

Down

1 "Oh, woe!"
2 Ready for the picking
3 Retained
4 Muslim sovereign
5 Online help page
6 Ostrich's cousin
7 Conks out
8 Houses (Sp.)
9 Come near
10 Yard units
11 Whirlpool
16 Debtor's letters
20 Go for the gold?
22 Lasso
23 Shock (Var.)
25 Weep
26 Brooklyn sch.
27 Obvious
29 Singer Fitzgerald
31 Miss Piggy's pronoun
32 Old man
34 Bullets, e.g.
38 From what place?
40 Angry
42 The girl
43 Injury
44 Sandwich treat
45 Anger
47 Hebrew month
48 Passport endorsement
49 Former spouses
52 Corral
53 Spacecraft compartment

▶ Yesterday's answer

Sudoku

	3		2		4	1	5	
					8			6
6						9		8
	8		4			7	9	
				3				
	9	5			7		2	
3		7						9
2			6					
	4	6	9		3		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	1	9	4	3	8	6	7
8	3	9	7	6	2	4	5	1
6	4	7	1	8	5	9	2	3
9	7	2	6	1	4	5	3	8
1	8	3	2	5	7	6	4	9
4	5	6	3	9	8	1	7	2
7	1	4	5	2	9	3	8	6
2	6	8	4	3	1	7	9	5
3	9	5	8	7	6	2	1	4

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Chris, I'll like you for ever. I'll love you for always. I'll hate you.. Never! Always remember the post-it. I love you so grr much baby-doll. **QUEEN BUBBA**

Dianne, Your going to make me the happiest guy on earth,when we get Married Aug. 25th in Sunny Jamaica.**LOVE LES**

lo..why are you mad at me? You know you are my life, my heartbeat, my everything. Get back to me. I wanna know how are you doing? You know how restless I get when I don't hear from you. Love you always and forever. Have a lovely day and bee happy:):) Sending you all my love, hugs, kiss n prayers. Hon, we are meant for each other. I am sorry, if I said anything wrong. Love YOU.
B LOVER LOOKIN 4 U

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Creative pursuits will go well for you with the Sun moving through the most dynamic area of your chart.

♉ Taurus April 21-May 21 It's time to make those changes on the home front you have been thinking about for ages but have put off.

♊ Gemini May 22-June 21 Being with other people is of tremendous importance to you right now. Socialize a lot.

♋ Cancer June 22-July 22 After the sacrifices you've made recently, you deserve a reward. Splurge.

♌ Leo July 23-Aug.23 Focus on your top aim with no distractions and no self-doubts.

♍ Virgo Aug. 24- Sept. 22 Put aside some time to think about the direction in which your life is moving. A major shift may be needed.

♎ Libra Sept. 23-Oct. 23 Over the next few days, you will draw closer to a group of people who in some way inspire you.

♏ Scorpio Oct. 24-Nov. 22 You are remarkably resilient and that's good because you are about to face a series of challenges.

♐ Sagittarius Nov. 23-Dec. 21 You need to be a bit more forceful in putting forward your ideas.

♑ Capricorn Dec. 22-Jan. 20 If you are offered some kind of deal today, learn everything about it before agreeing to sign on.

♒ Aquarius Jan. 21-Feb. 18 If you are wise, you will let work colleagues make decisions for you over the next 24 hours.

♓ Pisces Feb. 19-March 20. Stop wasting time and energy on vague and meaningless daydreams.

SALLY BROMPTON

Caption contest

JOHN W. ADKISSON/ORANGE COUNTY REGISTER

KAIA LARSEN, TIMES RECORD/ AP

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Responsible credit use helps newcomers attain independence

Heather Soares remembers teaching her daughters to be independent in their new Canadian surroundings. "When we realized the supermarket didn't offer bags or home delivery, the girls ran home for the luggage trolley," laughs Heather, who moved her two teenagers to Mississauga, Ontario from Pune, India.

Determined to build a future for her girls, Heather was hesitant to accept the guest room of a friend, or a credit card from her bank, since she wanted to avoid dependence. "I soon learned to accept help from good people, and that credit is part of life here," recalls Heather, who worked at a major bank in India where credit cards were not viewed favourably.

"I was ready to do anything, and soon realized that there were options available," adds Heather. She juggled a temporary job at a big box store alongside her eldest daughter, upgraded her skills at the Peel Mentoring Partnership for internationally trained professionals, and studied during her bus commute. Through ACCES, a program sponsored in part by Scotiabank, which assists job seekers new to Canada, Heather was able to write her Canadian Securities exam at no cost, and find a job at Scotiabank a year after arriving in Canada.

"It was wonderful for a bank to offer a credit card when no one would even rent you an apartment," notes Heather. She had herself benefited from the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits – when she moved to Canada.

"Now I know that it's important to obtain credit within three years of coming to Canada. First, because life is expensive, and because you must build a credit history to show you are responsible," remarks the Personal Banking Officer, who explains wise credit use to customers at the Scotiabank Sheridan Centre branch.

For example, she advises them to be mindful of interest rates, avoid carrying a balance and to make the minimum monthly payment on time, to preserve their credit scores. She also helps them choose the right credit card features for their needs.

Heather also counsels immigrants about saving for their goals, like a new car or home ownership, by starting to save with higher-interest savings accounts and accessing government programs.

"I try to go the extra mile to help customers understand the services available to them," concludes Heather. "I've been in their shoes and I know one can achieve independence by talking to trusted advisers, doing research and helping yourself."

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Heather Soares shares crucial financial lessons with her daughters, and with new Canadians who visit her branch.

1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
2. Offer available for one year when you open a new *Powerchequing*® account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered with the *Powerchequing* account, including access fees to use non-Scotiabank banking machines (e.g. Interac®, VISA® or PLUS® fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.
3. Subject to meeting Scotiabank's credit criteria and security requirements.
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Luz Galindo
Scotia advisor

"Luz helped open the door to my credit history in Canada."

The ***Scotiabank StartRight***® Program[1], specially designed for newcomers, helps build your credit history right away. You need a credit card[2] to open financial doors and get all the things you need to settle quickly in Canada. Let one of our knowledgeable advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

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[2]Subject to meeting Scotiabank's credit criteria and security requirements. A secured VISA* card for International Students requires security equal to 120% of approved credit limit. An unsecured VISA card may be available for Foreign Workers and Landed Immigrants/Permanent Residents, up to certain credit limits; a secured VISA card for Foreign Workers requires security equal to 100% of approved credit limit. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority: 18 years for PEI, QC, ON, MB, SK, AB, and 19 years for NL, NB, NS, BC, YT, NT, Nunavut. Currently the Auto Loan Program is available through select car dealerships in Canada: Kia, Chrysler, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers. Subject to financing Scotiabank terms and conditions. Downpayment required.